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U. S. DEPARTMENT OF
AGRICULTURE
FARMERS' BULLETIN No. 1757

Diets

to fit
the family
income



FOR MANY FAMILIES food takes more of the income than any other item of family living. For every family food expenditures claim a place of prominence in the budget.

To have as good a diet as circumstances permit may well be the goal of every family. For families with growing children, a well-rounded diet is especially important because of the relation of food to growth, development, and general well-being.

Cost alone is not a measure of the desirability of the diet. A low-cost assortment of foods, chosen on the basis of food value, may give better returns in nutrition and health than a more expensive list chosen at random. Both nutritive value and cost have been considered in working out the four diet plans that are suggested in this bulletin.

Families with a limited amount of money to spend for food will find the suggested minimum-cost adequate diet a useful guide to food selection.

Families with extremely meager resources will find the restricted diet suggested for emergency use helpful in solving their difficult problem.

Families with an income sufficient to meet all needs comfortably have more choice in spending. For them, the bulletin suggests a liberal diet or a moderate-cost adequate diet. Either offers maximum returns in nutrition and health and in pleasing variety of food from day to day.

DIETS TO FIT THE FAMILY INCOME

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FAMILY DIETS may vary considerably in cost and still be satisfactory for good nutrition. They may vary, too, in the type and the quality of foods they contain and still be desirable, provided the assortment is wisely selected. A good diet depends not so much on the amount of money it costs as on the nutritive value of the different foods selected for it. Wise selection among foods is important for every family, but is especially so when the income is limited. The low-income family must be constantly alert to the need of selecting the most nutritious of the inexpensive foods. The family with a generous income is more likely to get a wholesome variety through the free choices it can make, but even in this case intelligent selection makes for a better diet than choosing at random.

How to select food wisely is, then, a problem every homemaker has to solve. To help her, this bulletin discusses in popular terms four diets that differ in food value and in cost. It first compares the cost of the suggested diets, since many families, especially those who live in the city, must be governed in their choice by the amount of money they can spend for food. The cost of the diets as given in these pages is based on retail food prices on the city market. One or another of the four plans will fit almost every family pocketbook. The bulletin discusses food selection from the standpoint of the nutritive value of these diets. And, finally, it suggests weekly market orders and menus typical of the plans for a liberal diet, an adequate diet at moderate cost, an adequate diet at minimum cost, and a restricted diet for emergency use.

CHOOSING THE FAMILY DIET

The amount spent for food may vary a good deal even among families of the same size and income because of choice in spending. A family that can afford a high-cost diet may prefer to live on a moderate-cost one, or a moderate-income family may choose a low-cost diet. On the other hand, the meal hour may be the time for

much of the social life of the family, and an unusual amount may be spent for food for this reason.

Table 1 shows the relation between income and food cost for a family of four. At 1935 price levels in the United States, families of four with incomes of \$6,000 or \$5,000 per year could easily afford a liberal diet. In fact, a family is usually living in comfort if for 20 percent or less of its income it can buy a liberal food supply, pleasing in variety and nutritionally adequate. On incomes of \$4,000 or \$3,000 families of four might also have chosen a liberal diet in 1935; or if because of other expenses they found 22 or 27 percent too much for them to spend for food, their choice could have been a moderate-cost adequate diet, as table 1 indicates. After all, a moderate-cost diet with careful selections can be fully satisfactory in all nutritional details and can provide considerable variety from day to day.

On incomes of \$2,500 or \$2,000, a moderate-cost diet seemed suitable for a family of four, according to 1935 food prices. At \$2,000, such a diet took about 31 percent of the income. Under most circumstances it is not wise or necessary to spend more than this share of the income to have a moderate-cost assortment of food; it may be better to choose a minimum-cost assortment. In table 1, a minimum-cost diet is suggested for families of four having yearly incomes as low as \$1,000, even though this means an expenditure of about 46 percent for food. In fact, when there are children in the family, it may be desirable to use as much as 61 percent of the income to obtain a minimum-cost adequate diet because it is so superior in nutritive value to the one called a restricted diet for emergency use. However, spending such a large percentage for food necessitates sharp economies in other items of the family budget.

The figures in table 2 show the kind of diet plan families of two moderately active adults might choose according to income. It is easy to see at a glance that families of this size require only half as much income (\$2,500 to \$3,000) as a family of four to make a liberal diet a very suitable choice for them. Such families might, however, prefer to adopt a moderate-cost plan if they were saving for a home or for travel or had responsibility for the care of relatives. This is even more true of families of two on an income of \$1,800 to \$2,000. As a matter of fact, families without children and anxious to save might drop to a minimum-cost plan, even though their income permitted them to choose a more varied diet. The small family has more leeway in spending practices than does the larger family.

Table 3 shows the relation between income and choice of a diet plan for families of seven. According to these figures, a family of this size may well have an income of from \$6,000 to \$9,000 to make a liberal diet a sensible choice. And at \$6,000 a moderate-cost plan might be a better choice, especially if the parents are saving for the children's education. Such circumstances also affect the choice between a moderate-cost and a minimum-cost diet at incomes from \$3,000 to \$5,000. For the sake of the children's nutrition, however, a minimum-cost plan should be followed in preference to a restricted diet even if it takes as much as 62 percent of the income. Saving for education and other special demands on income have to be waived by the large family that has limited money to meet all needs, if adequate food is to be provided.

TABLE 1.—*Choosing a diet to suit the income of a family of 4 (2 moderately active adults, a 10-year-old boy, and an 8-year-old girl)*

Family of 4 with income of about—		Spending for food approximately—		Could purchase, at 1935 city retail prices, this kind of diet
Per year	Per week	This percentage	This amount per week	
<i>Dollars</i>	<i>Dollars</i>		<i>Dollars</i>	
6,000.....	115.....	14 or more.....	16.25 or more.....	Liberal.
5,000.....	100.....	16.....	16.25.....	Do.
4,000.....	75.....	22 or 16.....	16.25 or 12.25.....	Liberal or moderate-cost.
3,000.....	60.....	27 or 20.....	16.25 or 12.25.....	Do.
2,500.....	50.....	25.....	12.25.....	Moderate-cost.
2,000.....	40.....	31 or 23.....	12.25 or 9.15.....	Moderate-cost or minimum-cost.
1,800.....	35.....	26.....	9.15.....	Minimum-cost.
1,500.....	30.....	31.....	9.15.....	Do.
1,250.....	25.....	37.....	9.15.....	Do.
1,000.....	20.....	46.....	9.15.....	Do.
800.....	15.....	61 or 41.....	9.15 or 6.15.....	Minimum-cost or restricted.
600 or less.....	12 or less.....	51 or more.....	6.15.....	Restricted.

TABLE 2.—*Choosing a diet to suit the income of a family of 2 moderately active adults*

Family of 2 with income of about—		Spending for food approximately—		Could purchase, at 1935 city retail prices, this kind of diet
Per year	Per week	This percentage	This amount per week	
<i>Dollars</i>	<i>Dollars</i>		<i>Dollars</i>	
3,000.....	60.....	14 or more.....	8.60 or more.....	Liberal.
2,500.....	50.....	17.....	8.60.....	Do.
2,000.....	40.....	22 or 16.....	8.60 or 6.40.....	Liberal or moderate-cost.
1,800.....	35.....	25 or 18.....	8.60 or 6.40.....	Do.
1,500.....	30.....	21.....	6.40.....	Moderate-cost.
1,250.....	25.....	26 or 19.....	6.40 or 4.85.....	Moderate-cost or minimum-cost.
1,000.....	20.....	32 or 24.....	6.40 or 4.85.....	Do.
800.....	15.....	32.....	4.85.....	Minimum-cost.
500.....	10.....	49 or 33.....	4.85 or 3.25.....	Minimum-cost or restricted.
400.....	8.....	61 or 41.....	4.85 or 3.25.....	Do.
300 or less.....	6 or less.....	54 or more.....	3.25.....	Restricted.

TABLE 3.—*Choosing a diet to suit the income of a family of 7 (2 moderately active adults, a girl 15, a boy 13, a boy 10, a girl 8, and a child 3)*

Family of 7 with income of about—		Spending for food approximately—		Could purchase, at 1935 city retail prices, this kind of diet
Per year	Per week	This percentage	This amount per week	
<i>Dollars</i>	<i>Dollars</i>		<i>Dollars</i>	
9,000.....	175.....	16 or more.....	27.50 or more.....	Liberal.
7,500.....	145.....	19.....	27.50.....	Do.
6,000.....	115.....	24 or 18.....	27.50 or 21.00.....	Liberal or moderate-cost.
5,000.....	100.....	21.....	21.00.....	Moderate-cost.
4,000.....	75.....	28 or 21.....	21.00 or 15.50.....	Moderate-cost or minimum-cost.
3,000.....	60.....	35 or 26.....	21.00 or 15.50.....	Do.
2,500.....	50.....	31.....	15.50.....	Minimum-cost.
2,000.....	40.....	39.....	15.50.....	Do.
1,500.....	30.....	52 or 35.....	15.50 or 10.50.....	Minimum-cost or restricted.
1,250.....	25.....	62 or 42.....	15.50 or 10.50.....	Do.
1,000 or less.....	20 or less.....	53 or more.....	10.50.....	Restricted.

How much a family can afford to spend for food depends not only on the amount of the income but also on the number and kinds of demands made on it, and on the current cost of all things needed for family life. Living costs are in turn influenced by the number, age, and occupation of family members, and by the location of the home, whether in a cold or a mild climate, and whether in a city or a rural district. These and other conditions that affect the division of the income are a subject too large to discuss in detail here. Figures such as those in tables 1, 2, and 3 are therefore useful only as a general guide in deciding on the food budget.

The cost of each diet has been figured on average retail prices for the year 1935 as collected by the Bureau of Labor Statistics on 86 foods in over 60 cities throughout the United States.¹ Because of the many chances for variation and change in the cost of individual foods and because of differences in purchasing habits, there is no assurance that a family can purchase the lists of food in the market orders (tables 4, 5, 6, and 7) for exactly the amounts of money stated. Buying meals away from home affects the total cost of the food budget, in many cases increasing it surprisingly. Entertaining at meals, whether the diet is liberal, or moderate, or low in cost, also has its effect on the food bill. The cost as stated in these tables allows only for having all meals at home, and makes no provision for guests.

How much a family will spend in buying an adequate food supply depends also upon whether or not any food is produced at home. The family with a garden and perhaps a cow and some chickens obviously does not spend as much cash for food as the family that buys everything on the city market.

The individual foods that are selected to make up the market list, that is, the kind of green vegetable, the cut of meat, the form of milk, have a striking influence on cost. Also the grade of food used, the quantity purchased at one time, and the keenness of the shopper in picking up bargains, all have their effect. So do the season of the year, the section of the country, the size of the town, the general level of prices, and the amount of service the grocery store offers. The principal value of giving the cost of the diet in terms of average retail prices in the United States at a definite time is that it affords a basis for comparing the various plans. The individual homemaker can, of course, always figure the cost of any diet for her own family from prices prevailing in her community.

FOUR SUGGESTED DIET PLANS

The four diet plans here described are not the only ones which could be devised to give good nutrition at different levels of expenditure. They are, however, practical plans that have helped thousands of families. Each of these plans draws from the same 12 groups of food, because this is the easiest and surest way to make a diet that is well balanced. The groups are (1) milk in its various forms;

¹ Acknowledgment is made to Medora M. Ward, assistant home economics specialist of the Bureau of Home Economics, who calculated the costs appearing in this bulletin.

(2) potatoes and sweetpotatoes; (3) tomatoes and citrus fruits; (4) leafy, green, and yellow vegetables; (5) dried beans, peas, and nuts; (6) dried fruits; (7) other vegetables and fruits not mentioned above; (8) eggs; (9) lean meat, poultry, and fish; (10) flour, baked goods, and assorted cereals; (11) fatty foods, such as butter, margarines, lard, oil, vegetable shortenings, salt pork, and bacon; and (12) sugars, including jams, jellies, honey, sirups, and molasses.

The diet plans differ in the quantities of the 12 kinds of food they contain. Some kinds contribute more to the needs of the body than others, and some provide food value more cheaply than others. The nutritive value of a food may lie chiefly in its quality as a builder of body structure or tissue, because of the protein or the minerals it contains. Or a food may be especially useful because it supplies vitamins or minerals needed for proper functioning of certain body processes. Or because of the fat, sugar, or starch a food contains, it may be valuable as a source of energy, expressed in calories. Some foods are outstanding for only one of these nutritive qualities, while others have a combination of them to offer. The quantities of the 12 kinds of food suggested in each plan are determined by both nutritive value and cost. In addition, the family diet includes such accessories as salt and other seasonings, soda, baking powder, and tea and coffee if desired.

The quantities of food needed by three families of different size and make-up, including moderately active adults, are given in the tables showing how the four plans work out on a weekly basis. These quantities of food are less than if the grown-ups were engaged in active outdoor work. Higher calorie diets, including more food in general and especially more fats, cereals, sugars, meat, and eggs, are needed by many families, since food requirements depend upon sex, age, and activity. Very active adults have greater food needs than moderately active adults. Sedentary persons, such as those doing desk work, have the lowest requirements among adults. Young children have the smallest food requirements and therefore it costs the least to feed them. As children grow older and larger, and are more vigorously active, their food needs increase tremendously. The cost of their food increases in proportion, often exceeding that of their parents.

Families of other make-up than those listed can readily work out market lists to meet their needs from the figures for individuals given in tables 8 to 11. The market lists for the various plans were made from these figures for individuals, with a little rounding of total quantities of the different groups of food to the nearest quarter or half pound. This rounding has caused in some cases adjustments between two food groups. For instance, a rounding up in the quantity of tomatoes or citrus fruits to make a sensible figure for the weekly market order was compensated for by a rounding down of leafy, green, and yellow vegetables, or vice versa.

The suggested quantities of food allow for only the small amount of waste that is unavoidable in the preparation and serving of meals. They do not allow for thick paring of vegetables, the discarding of wholesome left-overs, draining away edible fat, or leaving undissolved sugar in beverage cups or glasses. If for some reason families have excessive kitchen and table waste, they should allow extra quantities of food to make up such loss in food value. This will, of course, add to the cost of the diet.

A PLAN FOR A LIBERAL DIET

A liberal diet, as its name implies, provides very generously for all of the food requirements. It contains an abundance of fruits and vegetables, eggs, and lean meat, as well as a generous allowance of milk, along with moderate quantities of cereals, fats, and sugars. This combination of foods allows for better-than-average nutrition, because it provides more than amply for the items necessary for growth, health, and general well-being. At the same time, it offers an assortment pleasing to the eye and the palate, and allows for a great deal of variety from meal to meal. The liberal diet plan provides the following variety in the course of the day or the week:

Milk:

- One quart daily for each child (to drink or in cooked food).
- One pint for each adult (to drink or in cooked food).

Vegetables and fruits:

Six to seven servings daily.

One serving daily of potatoes or sweetpotatoes.

One serving daily of tomatoes or citrus fruits.

Two and one-half to three servings daily of vegetables, at least half of which are leafy, green, or yellow kinds.

Nine to ten servings a week of fruit (once a day, sometimes twice).

Eggs:

Four to six a week; also some in cooking.

Meat, fish, or poultry:

Once a day; sometimes twice.

Butter:

At every meal.

Bread, cereals, and desserts:

As needed to meet calorie requirements, or as desired so long as they do not displace the protective foods.

A liberal diet need not be made up necessarily of an expensive assortment of foods. With wise marketing and no food luxuries, the diet outlined could be purchased for a family of four for about \$16.25 a week at average retail prices for the year 1935, for about \$8.60 for a family of two, and for about \$27.50 for a family of seven. The cost may, however, easily run much higher if only the highest qualities of food are chosen, if ready-to-eat packaged goods are used frequently, and if most of the food is bought in small-sized containers. Including many delicacies, unusual or out-of-season foods, and expensive condiments is another way to run up the cost of the diet rapidly. Such purchases are in the class of food luxuries since they are not needed for and do not add to nutritive value. They add mainly interesting variety of flavor or texture to meals. It is only families with comparatively high incomes who can afford to extend the cost of food in this way. To distinguish between a liberal diet (Table 4) and the more varied and expensive diet with out-of-season foods, costly extras, and food luxuries, the latter would be termed "a very liberal diet."

TABLE 4.—*Suggested weekly plan for a liberal diet*

What to include	How much to include for a—		
	Family of 4 (2 moderately-active adults, a boy 10, and a girl 8)	Family of 2 (2 moderately-active adults)	Family of 7 (2 moderately-active adults, a girl 15, a boy 13, a boy 10, a girl 8, and a child 3)
Milk: Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	21 qt.---	7 qt.---	42 qt.
Vegetables and fruits: Potatoes and sweetpotatoes-----	9 lb.-----	5 lb.-----	16 lb.
Tomatoes (fresh or canned), and citrus fruit.	9 lb.-----	5 lb.-----	15 lb.
Leafy, green, and yellow vegetables----	10 lb.-----	6 lb.-----	16 lb.
Dried beans and peas, peanut butter, and nuts.	½ lb.-----	¼ lb.-----	½ lb.
Dried fruits-----	1 lb.-----	¾ lb.-----	2 lb.
Other vegetables and fruits-----	26 lb.-----	14 lb.-----	42 lb.
Eggs -----	2½ doz---	1 doz---	4 doz.
Lean meat, poultry, and fish -----	11 lb.-----	7 lb.-----	18 lb.
Flour and cereals: Flour, corn meal, rice, macaroni, spa- ghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	7 lb.-----	4 lb.-----	11 lb.
Fats: Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	3¼ lb.---	2 lb.-----	5¼ lb.
Sugars: Sugar, jellies, jams, honey, sirups, and molasses.	3 lb.-----	2 lb.-----	5¼ lb.
Accessories: Coffee, tea, cocoa, baking powder, soda, vinegar, salt, spices, etc.	80 cents worth.	55 cents worth.	\$1.15

A PLAN FOR A MODERATE-COST ADEQUATE DIET

The so-called moderate-cost adequate diet is well described by its name. For a reasonable amount of money it provides all of the different nutrients in sufficient quantities to keep adults and children in good nutritional condition, with a surplus for safety. It contains the same quantity of milk as the liberal diet, but less of vegetables, fruits, eggs, and lean meat, and more cereals and fat.

There is not so much difference in food value between a liberal diet and a moderate-cost diet, as outlined here, as there is in the selection of foods within each group and in the amount of money that can be spent for relishes, garnishes, whipping cream, and other special items. Such additions contribute to the attractiveness of a meal, but they increase the cost of the food budget considerably in the course of a week. The homemaker who wishes to set a moderate-cost table can with a little ingenuity provide her family with meals fully as attractive as the liberal-cost meal. In marketing she will select moderate-priced fruits and vegetables that combine well in flavor and color, and will by skillful preparation make the food appealing without expensive extras. The moderate-cost plan as outlined below allows for considerable variety from meal to meal.

Milk:

One quart daily for each child (to drink or in cooked food).

One pint for each adult (to drink or in cooked food).

Vegetables and fruits:

Four and one-half to five servings per person daily.

One serving daily of potatoes or sweetpotatoes.

One serving daily of tomatoes or citrus fruits.

One serving daily of leafy, green, or yellow vegetables.

Three to five servings a week of other vegetables.

One serving daily of fruit.

Eggs:

Two or three a week for adults; four or five for young children; a few in cooking.

Meat, fish, or poultry:

About 5 times a week. Or daily if prepared in combination with cereals or vegetables.

A cereal dish:

Daily.

Bread and butter:

At every meal.

Dessert:

Once a day, sometimes twice if desired and if it does not displace the protective foods.

The cost of this diet was about \$12.25 a week for a family of four at 1935 average retail prices, and is well within the reach of many families in this country. For a family of two adults, the cost was about \$6.40 a week in 1935, and for a family of seven, about \$21. Table 5 gives the weekly quantities of foods for these three families.

TABLE 5.—*Suggested weekly plan for a moderate-cost adequate diet*

What to include	How much to include for a—		
	Family of 4 (2 moderately active adults, a boy 10, and a girl 8)	Family of 2 (2 moderately active adults)	Family of 7 (2 moderately active adults, a girl 15, a boy 13, a boy 10, a girl 8, and a child 3)
Milk:			
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	21 qt.---	7 qt.---	42 qt.
Vegetables and fruits:			
Potatoes and sweetpotatoes-----	10 lb.---	5½ lb.---	17 lb.
Tomatoes (fresh or canned), and citrus fruit.	7 lb.---	4 lb.---	12 lb.
Leafy, green, and yellow vegetables-----	8 lb.---	4 lb.---	14 lb.
Fried beans and peas, peanut butter, and nuts.	1 lb.---	¾ lb.---	2 lb.
Dried fruits-----	2 lb.---	1¼ lb.---	3 lb.
Other vegetables and fruits-----	15 lb.---	9 lb.---	25 lb.
Eggs -----	1½ doz.---	¾ doz.---	2½ doz.
Lean meat, poultry, and fish -----	7 lb.---	4½ lb.---	11 lb.
Flour and cereals:			
Flour, corn meal, rice, macaroni, spa- ghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	11 lb.---	7 lb.---	18 lb.
Fats:			
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	3 lb.---	2 lb.---	5 lb.
Sugars:			
Sugar, jellies, jams, honey, sirups, and molasses.	3 lb.---	2 lb.---	5 lb.
Accessories:			
Coffee, tea, cocoa, baking powder, soda, vinegar, salt, spices, etc.	60 cents worth.	40 cents worth.	85 cents worth.

A PLAN FOR A MINIMUM-COST ADEQUATE DIET

The plan for a minimum-cost adequate diet gives the cheapest combination of foods that it is desirable to use for an indefinite period. In order to meet all nutritional needs as cheaply as possible, this diet has a large quantity of cereal products and milk as its basis. Just enough of vegetables, fruits, eggs, and lean meats are used to supply vitamins, minerals, and protein not adequately furnished by bread and milk, and enough of fats and sweets are included to round out the calories.

The choice among the different kinds of foods is considerably limited by cost, and careful selection among the most nutritious of the less expensive kinds is essential (pp. 16 to 22). There can be very small variety in any one meal or from day to day when the cost of a well-rounded diet is kept at the minimum. The following list indicates the number of servings of different foods per person for the day or the week:

Milk:

One quart daily for each young child (to drink or in cooked food).

Three-fourths of a quart daily for each child over 4 (to drink or in cooked food).

One pint for each adult (to drink or in cooked food).

Vegetables and fruit:

From three to four servings per person daily.

Eight to nine servings a week of potatoes and sweetpotatoes (once a day, sometimes twice).

Two or three servings a week of tomatoes (or of citrus fruits in season) for each adult and child over 4; four to six tablespoons of tomato juice or two tablespoons of orange juice daily for each child under 4.

Five to six servings a week of leafy, green, or yellow vegetables.

Two to three servings a week of dried beans, peas, or peanuts.

One serving daily of fruit or an additional vegetable.

Eggs:

Two to three a week for adults; four or five for young children; a few in cooking.

Meat or fish:

Three to four times a week (more frequently if the meat dish is often a meat and cereal combination).

A cereal dish:

Once a day, sometimes twice.

Bread:

At every meal.

Desserts:

About once a day if desired, such as cereal pudding, cookies, simple cake, shortcake, and inexpensive pastries and fruits.

According to average retail prices during 1935 the cost of this suggested diet for a family of four was about \$9.15 a week; for a family of two, about \$4.85; and for a family of seven, about \$15.50. The quantities of food for each of these three families are given in table 6.

TABLE 6.—*Suggested weekly plan for a minimum-cost adequate diet*

What to include	How much to include for a—		
	Family of 4 (2 moderately active adults, a boy 10, and a girl 8)	Family of 2 (2 moderately active adults)	Family of 7 (2 moderately active adults, a girl 15, a boy 13, a boy 10, a girl 8, and a child 3)
Milk: Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	17½ qt---	7 qt-----	35 qt.
Vegetables and fruits: Potatoes and sweetpotatoes-----	11 lb-----	6 lb-----	19 lb.
Tomatoes and citrus fruit (canned tomatoes only, except when fresh tomatoes or oranges are at the height of their season and very cheap).	4 lb-----	2 lb-----	7 lb.
Leafy, green, and yellow vegetables-----	7 lb-----	3½ lb-----	12 lb.
Dried beans and peas, peanut butter, and nuts-----	2 lb-----	1¼ lb-----	3 lb.
Dried fruits-----	1½ lb-----	1 lb-----	2¼ lb.
Other vegetables and fruits-----	7 lb-----	4 lb-----	11 lb.
Eggs -----	1½ doz-----	¾ doz-----	2½ doz.
Lean meat, poultry, and fish -----	4½ lb-----	3 lb-----	7 lb.
Flour and cereals: Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	15 lb-----	8 lb-----	24 lb.
Fats: Butter, margarine, lard, oil, vegetable shortening, salt pork, and bacon.	3¼ lb-----	2 lb-----	5½ lb.
Sugars: Sugar, jellies, jams, honey, sirups, and molasses.	3¼ lb-----	2 lb-----	5 lb.
Accessories: Coffee, tea, cocoa, baking powder, soda, vinegar, salt, spices, etc.	45 cents worth.	30 cents worth.	65 cents worth.

A PLAN FOR A RESTRICTED DIET FOR EMERGENCY USE

This restricted-diet plan is for emergency use only, because it may not provide a sufficient surplus of protective foods (milk, eggs, tomatoes, and green vegetables) to insure good health over an indefinite period. Because of the very limited quantity of the protective foods possible within the price limits, exceedingly careful and wise choice must be made from among the cheapest, most nutritious foods (pp. 16 to 22). Every penny must be spent with consideration of the food value it will purchase. The variety of foods that can be chosen at this level of spending is extremely limited, but palatable meals can be served by varying the method of preparing the same kinds of food when they must be repeated often. Even with its shortcomings, this is a better diet for the money than would be obtained by choosing foods at random, and it does allow for the following variety:

Milk:

- One pint daily for each child (to drink or in cooked food).
- One cup for each adult (to drink or in cooked food).

Vegetables and fruits:

About two and one-half to three servings daily.

Eight to nine servings a week of potatoes and sweetpotatoes (once a day, sometimes twice).

Two to three servings a week of tomatoes (or of citrus fruits in season) for each adult and child over 4; four to six tablespoons of tomato juice or two tablespoons of orange juice daily for each child under 4.

Three small servings a week of leafy, green, or yellow vegetables.

Two to three servings a week of dried beans, peas, or peanuts.

Three to four small servings a week of other vegetables or fruits.

Eggs:

- Once a week for adults; twice for children under 4.

Meat or fish:

- Two servings a week (more frequently if the meat dish is often a meat and cereal combination).

A cereal dish:

- Usually twice a day.

Bread:

- In some form at every meal.

Dessert:

- Occasionally, such as cereal pudding, gingerbread, or one-egg cake, and dried fruits or other inexpensive kinds.

At 1935 average retail prices, the cost of such a restricted diet as suggested for a family of four was about \$6.15 a week; for a family of two, about \$3.25, and for a family of seven, about \$10.50. The quantities of the different foods per week are given in table 7.

TABLE 7.—*Suggested weekly plan for a restricted diet for emergency use*

What to include	How much to include for a—		
	Family of 4 (2 moderately active adults, a boy 10, and a girl 8)	Family of 2 (2 moderately active adults)	Family of 7 (2 moderately active adults, a girl 15, a boy 13, a boy 10, a girl 8, and a child 3)
Milk: Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	10½ qt.	3½ qt.	21 qt.
Vegetables and fruits: Potatoes and sweetpotatoes	11 lb.	6 lb.	19 lb.
Tomatoes and citrus fruit (canned tomatoes only, except when fresh tomatoes or oranges are at the height of their season and very cheap).	4 lb.	2 lb.	7 lb.
Leafy, green, and yellow vegetables	4 lb.	2 lb.	6 lb.
Dried beans and peas, peanut butter, and nuts.	2 lb.	1¼ lb.	3 lb.
Dried fruits	¾ lb.	½ lb.	1¼ lb.
Other vegetables and fruits	3 lb.	2 lb.	5½ lb.
Eggs	¾ doz.	¼ doz.	1 doz.
Lean meat, poultry, and fish	2¼ lb.	1½ lb.	3½ lb.
Flour and cereals: Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	17 lb.	10 lb.	29 lb.
Fats: Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	3 lb.	1¾ lb.	5 lb.
Sugars: Sugar, jellies, jams, honey, sirups, and molasses.	3¾ lb.	2¼ lb.	6¼ lb.
Accessories: Coffee, tea, cocoa, baking powder, soda, vinegar, salt, spices, etc.	35 cents worth.	25 cents worth.	55 cents worth.

USING THE DIET PLANS

In general, the suggested liberal diet contains a larger quantity of fresh fruits and vegetables, milk, and meat, and more eggs than the three cheaper diets. They contain more cereal foods, inexpensive fats, potatoes, dried fruits, and dried beans and peas than the liberal diet. The quantity of milk is somewhat lower in the minimum-cost and the restricted diet than in the other two plans. Yet milk and cereal products are together the mainstay of low-cost diets, because these two kinds of food give more nutritive value in return for the money spent than do most other foods. Just enough of foods from other groups (eggs, meat, citrus fruits or tomatoes, and vegetables with green or yellow color) are provided to supply the additional proteins, minerals, and vitamins needed. Enough fats and sugars are added to round out the fuel value. The addition of cod-liver oil to a minimum-cost or a restricted diet is a cheap and practical method of preventing vitamin A or D deficiency. Regardless of the kind of diet plan the family follows, the young children should have cod-liver oil during the winter months.

The differences between the various plans show most clearly when the weekly food supplies for a definite-sized family are compared. For instance, a family of four on the liberal diet can afford to buy nearly twice as many pounds of fruits and vegetables, about two and a half times as much lean meat, and nearly twice as many eggs as the same-sized family on a minimum-cost adequate diet. There is a marked difference, too, in the individual foods that can be selected for each of these diets, since this choice depends largely on the total amount of money available for food. Quality and kind of food and season of the year influence the cost of many individual items.

It is not necessary or likely that a homemaker will weigh out a supply of food exactly representing one of these diet plans, week after week. However, any homemaker who wishes to secure the greatest return in nutritive value for the money spent would find it helpful to follow one of the plans for 2 or 3 weeks, making careful note of food weights and costs. This is especially valuable to the woman who has a limited amount of money to spend for food. It does not take long to get the pattern of the diets well in mind, and then to make purchases that run pretty close to one or another of the plans, without continuing to keep an accurate record.

A preliminary and important step in using the weekly plans is for the homemaker to work out shopping lists for each of her marketing days, indicating possible choices and amounts of individual foods within each group. Suggestions for suitable choices according to the different plans are found on pages 16 to 22 and in the pictures on pages 18 and 19. By comparing these illustrations it is easy to see how a liberal and a low-cost diet differ in the kind and quantity of foods in the various groups. Accessories such as tea, coffee, baking powder, relishes, and condiments are not included, since they are not needed for food value and vary markedly in quantity and kind according to family preferences.

The market lists for the different diets are helpful guides, but the individual homemaker will undoubtedly make changes to meet the tastes and the food budget of her family group. Adaptations always

mean decreasing the quantities of some food groups and increasing the quantities of others, in order to keep the fuel value of the diet fairly constant. Decreasing one type of food does not imply that it is less wholesome than the other food groups. It simply means that some foods supply nutrients more cheaply than others, or that some are more pleasing to the individual family in flavor, texture, and color.

The family purchasing a diet as expensive as the liberal one has the most leeway in choice among foods and can modify the suggested market list to make it either more or less expensive. This family may, for example, use fewer pounds of potatoes and of dried beans than the plan suggests, and add more fresh vegetables and fruits. This usually increases the cost. Some families may wish to use more cereals and breadstuffs than the market lists on page 7 suggest, and will in that case probably decrease somewhat the total number of pounds of fruits, vegetables, and meat, using the moderate-cost list as a guide.

The suggestions for a moderate-cost diet may also be modified up or down the scale, according to the amount of money a family can or wishes to spend for food. Increasing vegetables, fruits, eggs, and meat towards the quantities suggested in the liberal-diet list tends to improve vitamin, mineral, and protein values, and brings up the cost. A diet of this type can, on the other hand, be scaled down in cost by increasing the amount of dried beans and peas and grain products and decreasing somewhat the quantity of some of the other foods.

A minimum-cost diet should be modified only to improve it. If the pocketbook allows, the food value and flavor of the suggested assortment of foods may be improved by increasing somewhat the fruits and the leafy, green, and yellow-colored vegetables. The moderate-cost plan may be the guide for such changes. However, the family that can barely afford an adequate diet by making food money go as far as possible should not try to adjust the assortment of foods in the minimum-cost diet. The relation of food value to cost of food is so close that the easiest way to get a cheaper diet that is satisfactory is to resort to the restricted plan.

Any modifications in a restricted diet should be those that will improve it in nutritive value. Families who, because of some emergency, are living on a diet such as the restricted plan suggests, should look forward to increasing as soon as possible the quantities of fresh succulent vegetables, fruits, milk, eggs, and lean meats. These changes would, of course, increase the cost. They should be made by studying the market list for a minimum-cost adequate diet.

SELECTING FOODS BY GROUPS

Intelligent food selection for diets of any cost depends on some knowledge of food values. Growth, vitality, and the ability to be active depend on having in the diet foods that serve all of the necessary purposes (p. 5). Though some foods are valuable for more than one nutritive quality, no single food or single group of foods furnishes all of the kinds of building, regulating, and energy-yielding materials in an ideal proportion for the human body. Of all foods, milk most nearly attains this distinction.

For convenience in presenting some facts about foods in terms of their cost and their contribution to a good diet, foods may be combined in the following groups: (1) Milk and cheese; (2) fruits and vegetables; (3) eggs, meat, poultry, and fish; (4) cereals, breadstuffs, sweets, and fatty foods; and (5) accessories, such as tea, coffee, baking powder, and seasonings. These follow closely the grouping used in the market lists on pages 7, 9, 11, and 13.

MILK AND CHEESE

For individuals of all ages and families of all incomes, milk and cheese are of prime importance in the diet because of their exceptional food value. No other single kind of food has as much to offer to good nutrition as milk and its products. Milk has in itself building, regulating, and energy-yielding properties. It is an excellent source of protein for building muscle. It is also the best food for calcium or lime, needed for the building of good teeth and bones and for the upkeep of these hard structures throughout life. For its calcium content alone, milk is an almost essential article of the diet. Milk also contains phosphorus and other minerals in considerable amounts, and has in it some of all vitamins now known to be necessary for normal growth and well-being. For vitamins A and G, milk is an important source.

Milk provides all of these things at a low cost as compared with the cost of obtaining them in other foods. The fuel value of milk which supplies energy might almost be said to be thrown in for good measure, so well do the other contributions of milk justify its price and its place of prominence in the diet.

Adults as well as children should have milk, though as a rule adults need less than children because, having their growth, their calcium requirement is not so high. Children need from $\frac{3}{4}$ to 1 quart daily; pregnant and nursing women need a quart; and other adults should have a pint if possible. The diet of every family should, therefore, include some kind of milk and milk products. To have a suitable quantity of milk each day is more important than to have a certain form of milk. Different forms of milk, fresh, evaporated, and dried, vary in price. So do different types of milk and milk products, whole and skim milk, buttermilk, and butter. So do the varieties of cheese—cottage, Cheddar, and others, including the imported kinds.

In a liberal diet, where food money is not limited and free choice is possible, the milk supply for the week may be obtained in the form of whole bottled milk, cream, some form of cheese, and sometimes ice cream. In providing a cheaper diet, evaporated milk, or dried skim milk supplemented by butter or other sources of vitamin A, may replace part or all of the fresh milk without reducing the proportion of milk. The less expensive kinds of cheese also may be counted in as a part of the milk supply.

In making substitutions to reduce the cost of dairy products or to provide a variety of forms of milk, the following list of approximately equal food values is useful:

One quart fluid whole milk.

Seventeen ounces evaporated milk (one tall can holds 14½ ounces).

One quart skim milk and 1½ ounces butter.

Four and one-half ounces dried whole milk.

Three and one-half ounces dried skim milk and 1½ ounces butter.

Five ounces of American cheese (Cheddar) is about equivalent to a quart of fresh fluid whole milk in calcium, phosphorus, and protein content.

VEGETABLES AND FRUITS

Vegetables and fruits are chiefly important because of their vitamins, minerals, and indigestible residue. Some vegetables contain a good deal of starch, and the seed vegetables, such as dried beans and peas, contain in addition to starch considerable amounts of vegetable protein. Vegetables as well as fruits contain sugar. But it is for their mineral and vitamin content and for their distinctive flavors, textures, and colors that fruits and vegetables are valued most highly in the diet.

If considered as a source of energy or fuel value alone, watery vegetables and fruits would be very costly. As sources of fuel, the variation in cost among vegetables and fruits is almost as great as the range of color and flavor among them. The more watery a food and the more indigestible fiber it contains, the fewer calories it yields per pound, and the higher is the rate paid for the energy value that is present. The most watery fresh fruits and vegetables contain well above 90 percent of water, and many fruits and vegetables contain as much as 50 percent of refuse in the form of pods or heavy rinds. Fruits and vegetables as a class, therefore, are not concentrated fuel or high-calorie foods. Their cost should not be considered in relation to the number of calories they provide, but in relation to their vitamin and mineral content. Even in the very cheapest diets money must be allowed for the purchase of some of the watery fruits and vegetables.

Leafy, green, and yellow-colored vegetables, tomatoes, and the citrus fruits are among the most highly valued of all vegetables and fruits for vitamins and minerals. It is for their vitamin A and iron especially, but also for vitamin G that the green leafy vegetables, other green kinds, and the yellow ones should be included frequently in the diet. In low-cost diets it is especially important to include vegetables rich in iron. Some kind of greens should be used at least once a week, preferably twice, as part of the quota of leafy, green, and yellow vegetables. The dried beans in the low-cost market orders also help to bring up the iron content of these diets.

All fruits and vegetables furnish a little of vitamin B. For vitamin C, tomatoes and the citrus fruits, raw cabbage and raw turnips are valuable. A young child if on a diet limited in variety should have 4 to 6 tablespoons of tomato juice or 2 tablespoons of orange juice daily as his part of the family quota of tomatoes and citrus fruit. During the winter months, oranges and grapefruit usually cost so little that most families can afford some each week, but much of the year canned tomatoes take the place of citrus fruits and of fresh tomatoes for families whose food money is scarce.



A TYPICAL SELECTION OF FOODS ACCORDING TO THE PLAN FOR A LIBERAL DIET

An abundance of milk and other dairy products, including ice cream, cream, butter, and assorted cheeses.



A wide selection of meat, poultry, and fish with little reference to cost. A large quantity of eggs, as well as the more expensive fats for table and cooking purposes, are also possible at this level.



A selection from among the higher priced baked goods, cereals, with honey, marmalades, and other sweets to suit family preferences.



A liberal quantity of vegetables and fruits, with all of the variety the market offers.



A TYPICAL SELECTION OF FOODS ACCORDING TO THE PLAN FOR A MINIMUM-COST DIET

A generous quantity of milk, including some of the cheaper forms such as evaporated milk and dried skim milk, as well as butter and cheese.

The lower priced cuts of meat, a fair quantity of eggs, and an abundance of inexpensive fats to help round out the calories and give richness and flavor to the meals.

A wide variety of bread, flour, cereals, and sweets including a fair share of the less highly refined products.

Vegetables and fruits limited in quantity but carefully chosen to give full return in nutritive value for the money spent.



Since vitamin C is easily destroyed by heat (except in the case of acid foods) some raw fruits or vegetables or tomatoes (raw, cooked, or canned) belong in the family diet every day. Quick cooking in the smallest possible quantity of water saves much of the vitamin and mineral content of vegetables.

The selection of fruits and vegetables with reference to their cost depends upon the season of the year and other conditions that affect market prices of these foods. For a liberal diet there is considerable choice during each season, and for a very liberal diet, any fresh fruit or vegetable on the market can be chosen. For families of very low income, however, some fruits and vegetables are rarely if ever cheap enough unless they can be grown in the family garden. For instance, broccoli, brussels sprouts, asparagus, fresh lima beans, and fresh pineapple are usually more expensive when bought on the market than kale, cabbage, carrots, onions, potatoes, and apples, which furnish similar food values. Many kinds of perishable foods which are luxuries out of season belong in low-cost meals only when the market is flooded and the price is very low. In their season wild greens (dandelion, mustard, lambsquarters, and others) and wild berries can often be gathered to improve the family diet. They are a real asset to low-cost diets in many sections of the country, both because of the food value and the pleasing variety they contribute to meals without adding to their cost.

Many canned vegetables and fruits are at some seasons much cheaper than the corresponding product in its fresh state and have the advantage also of requiring very little fuel, time, and effort in preparation. In buying canned goods, the grade and the size of container make a marked difference in cost but not in wholesomeness and, for the most part, not in food value. In canned fruits the sugar content varies with the grade, the highest grades contain the heaviest sirup and therefore provide the most calories. The cost per pound of canned food is usually greatest for high-quality foods and for foods bought in small-sized containers. Families whose food budget is unlimited can select the best grade and can buy in any size of container they wish. Families who can just afford the liberal diet if they buy wisely, will make careful selection from among the different grades. Families who are still more limited in food money and are therefore following one of the cheaper diet plans are wise to buy the cheaper grades and to buy in the largest container that the family can use to advantage. These suggestions apply not only to canned fruits and vegetables but to other canned and packaged goods as well.

EGGS, LEAN MEAT, POULTRY, AND FISH

Eggs, lean meat, poultry, and fish, are all good protein or muscle-building foods, and because of their flavor, and in some cases, texture, they lend much interest to the diet. In addition to protein, all of these foods supply some of the important minerals and vitamins. They all contain the pellagra-preventing factor, and eggs are particularly good for vitamin G. Eggs, lean meat, and poultry are valuable for iron, and salt-water fish for iodine. Eggs, liver and the other glandular organs, and oily fish such as salmon and herring, are better in vitamin and mineral values than are some of the other meats and fish.

This group of protein foods is as a class relatively expensive, though some may well be included in the diet no matter what the family income. During the winter when eggs are high and families with low incomes can afford only a few each week, most of the eggs should go to the young children (tables 10 and 11). The children will have correspondingly less of the week's supply of meat.

The cuts of meat chosen can make as great a difference in the cost of a diet as the number of pounds of meat included. A very liberal diet may include prime roast of beef, tender steaks or chops, leg of lamb, roast of veal, ham, chicken, calves' liver, and the more expensive kinds of fresh fish. Liberal- and moderate-cost meals may include these expensive cuts occasionally. In a minimum-cost or a restricted diet there must be such inexpensive protein foods as ground meat, shoulder chops, beef liver, beef kidneys, stew meat, canned or dried fish, or low-cost fresh fish in season. The edible part of these cheaper meats and fish provides as much nutritive value as the more costly kinds. Some other inexpensive meats such as sausage, chipped beef, and corned beef go especially far in flavor, and are suitable in a low-cost diet which is likely to be somewhat bland because it contains a high proportion of grain products. These flavorful meats and also dried, smoked, and canned fish lend themselves well to preparation with hominy, rice, macaroni, and other cereal foods.

CEREALS, SWEETS, AND FATS

Grain products, sweets, and fatty foods are high in calories and are therefore good sources of energy. Flours and cereals are not only cheap energy foods but are important for protein too, and those made from the whole grain or from most of the grain are valuable for some of the vitamins and for iron as well.

The kind and form of cereal as well as the amount make a great deal of difference in the cost and the nutritive value of a diet. Any article purchased in packaged form is usually more expensive than the same article bought in bulk. Bulk oatmeal, corn meal, rice, and cracked wheat are among the cheapest forms in which to buy cereals. The ready-to-eat breakfast foods are much more expensive in proportion to weight and to food value than the cereals that are cooked at home.

In buying for a liberal or a moderate-cost diet, the selection of flour, meal, rice, macaroni, spaghetti, breakfast cereals, and bakery products may be made up to please the individual family. In buying for a minimum-cost or a restricted diet it is very important, if not essential, to select only cheap and nutritious forms of cereals, part of them whole-grain products. For persons with normal digestion, as much as half of the cereals in low-cost diets may well be whole-grain forms, because, in addition to supplying the material for energy, they help to reinforce the diet in some of the vitamins and minerals, especially in iron and vitamin B.

The market orders give suggested totals of cereal products for a week, but it is left to the individual family to decide on the relative quantities of flour, cereals, and bread. In substituting bread for flour, bread should be counted as about two-thirds flour by weight; for example, three 1-pound loaves of bread are equivalent

to 2 pounds of flour. Some families find it cheaper to make than to buy bread. The skillful bread maker may prefer to purchase flour and meal, and make her own yeast bread as well as quick breads.

Refined sugars supply only the material for energy, while the unrefined forms, such as molasses and sorgo and cane sirups, contain some minerals in addition. Using these unrefined sirups as a part of the sugar allowance of low-cost diets helps to provide the necessary iron and calcium.

All cooking and table fats and fatty foods are good fuel foods. Butter is in addition an excellent source of vitamin A. In a liberal diet the kinds of fats are not limited by cost. Olive oil, bacon, and butter are possible choices. In low-cost diets, bacon is often replaced by salt pork because the latter is cheaper and goes farther in seasoning chowders, bean dishes, and mixtures made largely of cereals. A large amount of lard and other inexpensive fats in low-cost diets brings up the calories cheaply, and allows for baking and frying to increase the palatability of meals.

Easily digested fats not often considered in the same class with table and cooking fats are cod-liver oil and other fish-liver oils, used as sources of vitamins A and D. No child should be without some adequate source of vitamin D in early life to prevent rickets. In tropical regions sufficient vitamin D is provided by sunlight but in Northern and North Temperate Zones all young children need some additional source of vitamin D to prevent rickets. Moreover, it is sometimes desirable to supplement also the amount of vitamin A supplied by foods. Fish-liver oils are excellent sources of these two vitamins, and afford an easy means of introducing them into the diet.

The quantity of these oils to include in the diet depends of course upon their vitamin content and upon vitamin needs of the individual. Although the exact requirement of vitamin D for the prevention of rickets is not known, indications are that 700 to 800 units a day are sufficient to prevent rickets and to favor normal tooth and bone development in early childhood. Two teaspoonfuls of a plain cod-liver oil if given regularly each day will amply supply this amount of vitamin D. Usually the vitamin potency of cod-liver oil and other medicinal fish-liver oils is stated on the container.² These statements are the basis for determining a suitable dosage of any fish-liver-oil product for babies and young children, or for prospective and nursing mothers, and are used by the physician in prescribing the quantity an individual should have.

ACCESSORIES

Coffee, tea, baking powder, soda, vinegar, salt, spices, and the other articles of the diet that are grouped together under accessories, contribute for the most part only flavor or in some way add palatability in the preparation of food.

² Vitamin potency of fish-liver oils is usually expressed as U. S. P. units per gram (United States Pharmacopoeia or International units). A cod-liver oil of U. S. P. minimum potency must contain at least 85 units of vitamin D and 600 units of vitamin A per gram. Many oils on the market are of much higher vitamin content. There are 3.6 grams in a standard teaspoonful of cod-liver oil.

The cost of accessories can mount up considerably in a week if a good deal of high-priced coffee and tea and a number of expensive condiments are used. For a family of four, the expenditure for accessories may be 80 cents a week or more in a liberal diet, about 60 cents a week in one at moderate cost, about 45 cents at minimum cost, and about 35 cents in a restricted diet.

In low-cost diets, where almost every penny needs to be spent for food value, the small sum allowable for accessories offers a real problem, and yet the blandness of the diets needs to be relieved. For a family of four, 35 to 45 cents a week for all accessories permits only a very few relishes. But there are inexpensive seasonings that can be used for accent in low-cost meals and help to satisfy a desire for highly flavored foods. For example, 10 or 20 cents wisely spent for spices provides seasonings that can be spread over a number of months. From a box of mixed whole pickling spices, different kinds such as bay leaf, peppercorns, and whole cloves can be picked out and used separately to make otherwise bland dishes appetizing. A box of mixed powdered poultry seasonings provides a pleasing blend of flavors for stuffings and stews.

Bay leaf, thyme, and sage are commonly used in seasoning meat and stuffings. A whole or even half of a bay leaf or a sprig or two of dried thyme is sufficient for a pot roast, a piece of "boiled" ham, a stew, or a mixture of meat or of fish with cereal. Bay leaf should always be removed from food before serving. Sage is a good seasoning for beef, pork, salt pork, or cheese, and for meat and poultry stuffings. It is most pleasant when used in small quantities.

The flavor of cloves or of cinnamon blends well with smoked meats, for instance in the cooking of a piece of ham or smoked shoulder. Whole cloves and stick cinnamon, like bay leaf, should be removed before serving. Whole cloves and bay leaf are often used together when cooking cured meat. For variety, powdered or root ginger may be used in "boiling" or in pot-roasting meat and in seasoning cooked tongue. A very small quantity of nutmeg or mace is a pleasing occasional addition to scalloped fish or oysters.

Curry powder used sparingly is good with almost any meat or fish dish and with eggs, especially when these protein foods are combined with rice or another cereal. Mustard, commonly used in salad dressings, adds to the flavor of cheese dishes and of ham, fresh pork, beef, and mutton. Prepared mustard can be rubbed directly into meat before cooking it, or can be used in making a sauce for meat.

When not used in the meat, fish, or cheese dish of a meal, some of these seasonings add interesting variety to vegetables or to soup. In seasoning tomatoes or tomato soup, whole cloves and bay leaf are especially good. Nutmeg or mace is often used in spinach, carrots, or pickled beets. Mashed sweetpotatoes seasoned with powdered cinnamon or nutmeg are a favorite dish in some parts of the country.

Onions, garlic, celery, parsley, canned tomatoes, lemons, and bacon fat and other meat drippings, all of which are foods rather than accessories, are useful, too, in making inexpensive diets palatable. The tops of celery can be used fresh and crisp in potato salad, cottage cheese, mixed vegetable, meat, or fish salad, and are valuable also for seasoning soups, gravies, stews, and stuffings. When not needed for crispness, the dried celery tops used whole or rubbed to a powder are

excellent for seasoning. Parsley, which is easy to grow in the garden or in a window box or flowerpot, can be used fresh or dried, and its flavor combines effectively with egg, meat, and vegetable dishes. An occasional lemon provides pleasing flavor in stewed apples, black bean soup, or kidney stew.

Using seasoning material well is an art that comes from practice. The good cook, whether she is preparing liberal-cost meals and has expensive sauces and seasonings at hand, or whether she is preparing low-cost meals and is limited to a few spices and home-dried herbs, will choose carefully from among her seasonings and vary what she uses from day to day. This keeps the dishes from tasting alike.

A WEEK OF SAMPLE MENUS FOR EACH DIET PLAN

Every family has its own ideas of what foods go well together and its own ways of serving. Probably no two families following a diet plan would ever use a week's food supply in exactly the same way. However, by way of illustration, to show how the market orders at the four cost levels (tables 4, 5, 6, and 7) might be distributed into three meals a day for a week, menus are given on pages 26 to 29. Dozens of others equally satisfactory might be included if space permitted, but these serve as well as any to show how the pattern of the four diets works out on the table.

At best, printed menus can show this only in a general way. For any given meal plan is open to a different interpretation in every home where it is followed. The judgment and skill of the person who does the marketing and cooking may make that meal expensive or inexpensive, just as they may make it appetizing or unappetizing, and nutritious or otherwise, depending on the kind and quality of the ingredients chosen and the way they are used. There are, therefore, shades of difference intended between the menus at these different cost levels which the printed page cannot register. Some however can be seen at a glance.

The meals at the liberal level have the most variety. They allow for whatever the market affords in fresh fruits and vegetables, for generous servings of the kinds known to have "protective" value, and for use of the better grades of canned goods. The meats are of the more expensive kinds, such as calves' liver, sirloin steak, roast chicken, and fresh fish in season. For breakfast, bacon, sausage, or eggs either as such or used in making French toast, griddle cakes, or waffles, are the customary thing. The cereal may be any one of the many kinds on the market, and the breadstuffs are of the more interesting type such as fancy rolls, hot muffins, biscuits, and crackers or croutons to accompany the soup or salad.

Relishes, marmalade, jelly, and the more expensive condiments are included as well as some of the cheeses valued especially for their flavor and texture. The desserts, while not of the over-rich, elaborate type, suggest a generous use of whipped cream and ice cream with fruit, pastry, and cake. Because of limited space, appetizers and the tea or coffee for the adults had to be omitted from the dinner menus at this liberal level.

The moderate-cost menus, as contrasted with the liberal, are a good illustration of how food values can be practically duplicated at lower cost and with little or no sacrifice of appetizing quality in the meals if the homemaker knows food. For example, the braised beef

liver used in one of these dinners is as high in food value and some people consider it quite as good as the more expensive calves' liver suggested in the first set of menus. And the same holds true for the Sunday dinner starting with stewed chicken and rice as against the one with roast chicken with stuffing. At this moderate level an interesting variety of all foods is possible. Though out-of-season delicacies are ruled out, there are still plenty of the green and yellow vegetables and fruits for breakfasts and for desserts. Relishes appear only as needed to give zest.

The minimum-cost menus are the result of much more careful planning and skillful blending of flavor and texture in the limited selection of foods possible at this level. The meat and cereal loaf, served hot for dinner one day and sliced cold the next, shows how to use one of the less tender, lower priced cuts of meat. This way every bit of the meat flavor is conserved and extended to the cereal—a bland low-cost energy food. Fish is skillfully used in the same way, in the combination of creamed fish and macaroni. Potatoes boiled in their jackets, quick-cooked cabbage, raw carrot sticks, and other ways of preparing vegetables that conserve food value are suggested. Eggs are not plentiful enough to be used freely in cooking and expensive fats not at all, but salt pork and other of the cheaper fats will give richness to beans and a crisp texture to fried mush and potatoes. Molasses has prominent place because of the minerals that make it notable among sweets.

To make appetizing meals from the limited variety of foods possible when the diet must be at the low-cost restricted level is a challenge to the most ingenious meal planner. The proportion of cereals is high. The proportion of meat, eggs, fruits, and vegetables—the foods that lend flavor, color, and “appetite appeal” to meals—is low. Therefore it becomes a matter of varying the form in which the cereal is served and of spreading out the other foods as much as possible. Eggs are suggested for the young children at least twice during the week, and tomato juice for them is included in every breakfast. If some of the milk is in dried or evaporated form, it can be used to particularly good advantage in cocoa, or soup, or a substantial hot dish like the whole-wheat chowder with carrots, potatoes, and onions. Generally very limited money for food means that a family must also economize on fuel. The main dishes in these meals are therefore of a kind that can be cooked on the top of the stove and require few utensils.

Recipes to carry out meal plans at these four levels are available from many sources. The research work of this Department covers the household use of meat, vegetables, cereals, dairy products, and many other foods, and a list of available publications is sent on request. Also the State colleges of agriculture and the State experiment stations are constantly studying ways of using local foods to the best advantage. It is suggested, therefore, that a homemaker who wishes up-to-date information on methods of cooking and serving foods keep in touch with her State college of agriculture and the United States Department of Agriculture in Washington as well as the many other agencies developing material of this kind.

A WEEK'S MENU FOR A LIBERAL DIET

Breakfast	Lunch or Supper	Dinner
Monday		
Sliced oranges	Cream of potato soup	Baked ham, raisin sauce
Hot cereal (children)	Toast	Sweet potatoes
Soft-cooked eggs	Avocado-orange salad,	Brussels sprouts
Whole-wheat toast	French dressing	Hot biscuits
Milk (children)	Milk (children)	Waldorf salad
Coffee (adults)		Chocolate honey cake
		Milk for all
Tuesday		
Grapes, melon, or berries	Cucumber and green	Cold sliced ham, relish
Cereal (children)	pepper salad	Creamed celery
Scrambled eggs	Sharp cheese	Buttered beets
Toast	Oatmeal muffins, jelly	Broiled peach halves
Milk (children)	Cocoa for all	Crusty rolls
Coffee (adults)	Cake	Milk (children)
Wednesday		
Bananas	Creamed vegetables with	Stuffed lamb shoulder
Crisp flaked cereal	hard-cooked eggs	Creamed new potatoes
Bacon	Fried okra	Buttered cabbage
Toast, marmalade	Whole-wheat toast	Bread and butter
Milk (children)	Pineapple	Hot apple tarts, cream
Coffee (adults)	Milk for all	Milk (children)
Thursday		
Baked apples with raisins	Minced lamb sandwiches	Baked cheese custard with
Hot cereal (children)	Grated carrot, turnip,	tomato sauce
Griddle cakes with maple	and onion salad	Buttered peas
sirup	Stewed dried fruit	Parsley potatoes
Milk (children)	Milk for all	Toast
Coffee (adults)		Fruit shortcake with
		whipped cream
		Milk (children)
Friday		
Orange and pineapple	Cream of spinach soup,	Vegetable soup
juice	croutons	Scalloped salmon, or
Hot cereal (children)	Bacon sandwiches,	fresh fish, pickle
French toast, jelly	toasted	Green beans
Coffee (adults)	Ice-box cookies	Whole-wheat muffins
	Milk (children)	Fruit-juice gelatin
	Hot tea (adults)	Milk (children)
Saturday		
Stewed apricots	Vegetable soup (left over)	Sirloin steak, or
Hot cereal (children)	Fruit salad	calves' liver and bacon
Poached eggs on toast	Cream cheese	French-fried potatoes
Milk (children)	Whole-wheat crackers	Broiled tomatoes
Coffee (adults)	Milk for all	Sesame-seed rolls
		Blackberry flummery
		Milk (children)
Sunday		
Grapefruit or other fruit	Salad bowl	Roast chicken with
in season	Potato chips	savory stuffing
Hot cereal (children)	Olive and nut sandwiches	Baked yams
Waffles, honey	Cookies and fruit	Creamed asparagus
Sausage	Milk (children)	Head lettuce salad
Milk (children)	Coffee or tea (adults)	Ice cream with
Coffee (adults)		strawberry preserves
		Milk (children)

A WEEK'S MENU FOR A MODERATE-COST ADEQUATE DIET

Breakfast	Lunch or Supper	Dinner
Monday		
Sliced bananas Ready-to-eat cereal Muffins, jam Milk (children) Coffee (adults)	Split-pea soup Buttered toast Apple salad on lettuce Milk (children) Hot tea (adults)	Meat scallop Baked sweetpotatoes Coleslaw Bread and butter Prune pie Milk for all
Tuesday		
Cereal (children) Apples fried in bacon drippings Whole-wheat toast Milk (children) Coffee (adults)	Bacon (adults) Poached eggs (young children) Fried sweetpotatoes Bread and butter Sliced oranges Milk for all	Braised beef liver Creamed potatoes, or hominy Buttered spiced carrots Hard rolls Creamy tapioca pudding Milk (children) Coffee (adults)
Wednesday		
Hot cereal with raisins Soft-cooked eggs Toast Milk (children) Coffee (adults)	Potato and celery salad Whole-wheat bread and butter Left-over creamy tapioca with canned or stewed fruit	Roast stuffed spareribs (adults) Scrambled eggs (young children) Baked yellow squash Whole-wheat muffins and butter, marmalade Milk for all
Thursday		
Oranges Hot cereal Buckwheat cakes, maple sirup Milk (children) Coffee (adults)	Corned-beef hash, or kidney stew Relish Rye bread and butter Cocoa for all	Macaroni and cheese Baked onions in tomato sauce Bread and butter Spiced apples Milk (children) Coffee or tea (adults)
Friday		
Tomato juice Scrambled eggs Raisin toast Milk for all Coffee (adults)	Corn chowder Toasted rolls Oatmeal cookies Milk (children) Coffee (adults)	Baked creamed oysters, or broiled fish Buttered broccoli Potatoes Drop biscuits Lemon-gelatin pudding Milk (children) Coffee or tea (adults)
Saturday		
Stewed prunes Fried mush, jelly Toast, if desired Milk for all Coffee (adults)	Stewed tomatoes Fried potatoes Toast Cocoa for all	Boston baked beans and brown bread Vegetable slaw Citrus-fruit cup Milk for all
Sunday		
Berries, melon, or other fruit in season Cereal Crisp bacon Cinnamon rolls Milk for all Coffee (adults)	Tomato and cottage cheese salad Currant jelly Whole-wheat toast Cocoa for all	Stewed chicken with rice Green beans Hot biscuits Ice cream with fruit sauce Milk (children) Coffee (adults)

A WEEK'S MENU FOR A MINIMUM-COST ADEQUATE DIET

Breakfast	Lunch or Supper	Dinner
Monday		
Sliced oranges (adults) Orange or tomato juice (young children) Hot whole-wheat cereal Toast Milk (children) Coffee (adults)	Savory beans Poached eggs (young children) Bread and butter Stewed prunes Milk (children) Coffee (adults)	Meat and cereal loaf (ground beef or liver) Scalloped potatoes Buttered beets with beet tops Bread and butter Hot gingerbread Milk (children)
Tuesday		
Rolled oats Tomato or orange juice (young children) French toast, molasses Milk (children) Coffee (adults)	Vegetable curry with rice Bread and butter Left-over gingerbread Tea (adults) Milk (children)	Cold meat loaf Crusty fried potatoes Creamed turnips Bread and butter Milk (children)
Wednesday		
Hot whole-wheat cereal Griddle cakes, molasses Tomato or orange juice (young children) Milk (children) Coffee (adults)	Creamed chipped beef or corned beef Potatoes boiled in jackets Whole-wheat toast Milk (children)	Scrambled eggs or egg salad Quick-cooked cabbage Bread and butter Hot coffee cake Milk (children) Tea (adults)
Thursday		
Stewed dried peaches Corn-meal mush and milk Bread or toast Milk (children) Coffee (adults)	Navy bean soup Bread and butter Apple and raisin salad, cooked dressing Cocoa for all	Tomato rabbit on toast Soft-cooked eggs (young children) Boiled potatoes Bread pudding with raisins Milk (children)
Friday		
Rolled oats and milk Tomato or orange juice (young children) Fried mush, molasses Milk (children) Coffee (adults)	Hashed-brown potatoes or potato soup with onions Raw carrot sticks Bread and butter Crisp peanut cookies Milk for all	Creamed fish and macaroni Stewed tomatoes and onions Muffins Jelly Milk (children) Hot tea (adults)
Saturday		
Hot cereal and milk Tomato or orange juice (young children) Poached eggs on toast Milk (children) Coffee (adults)	Cottage cheese Coleslaw, or sliced tomatoes in season Toast Milk or cocoa for all	Lima beans with salt pork Scalloped apples Bread and butter Milk (children) Hot tea (adults)
Sunday		
Johnny cakes Cereal with raisins and milk Tomato or orange juice Milk (children) Coffee (adults)	Peanut butter sand- wiches Raw-carrot sticks Cocoa pudding Milk for all	Shoulder pork chops Candied sweetpotatoes Creamed spinach Bread and butter Sliced bananas Milk (children) Tea or coffee (adults)

A WEEK'S MENU FOR A RESTRICTED DIET

Breakfast	Lunch or Supper	Dinner
Monday		
Hot cereal with milk Tomato juice (young children) Toast Coffee (adults)	Baked or boiled beans with salt pork (adults) Eggs (young children) Bread Milk (children)	Onion soup with cheese and toast Fried potatoes Bread
Tuesday		
Pancakes, molasses Bread Tomato juice (young children) Milk (children) Coffee (adults)	Hot cracked-wheat cereal with milk Bread Milk (children)	Hominy and sausage, or scalloped liver and potatoes Panned kale or stewed tomatoes Bread Milk (children)
Wednesday		
Hot cracked-wheat cereal with milk Cornbread Tomato juice (young children) Coffee (adults)	Potato soup (with onion to season) Stewed prunes Bread and butter	Kidney bean stew with tomatoes Bread Milk (children)
Thursday		
Hot cereal with milk Toast Tomato juice (young children) Coffee (adults)	Fried potatoes and hominy with onion Bread Eggs (young children) Milk (children)	Whole-wheat chowder with carrots, potatoes, and onions Bread Cup cakes or doughnuts
Friday		
Oatmeal with milk Pancakes Tomato juice (young children) Coffee (adults)	Cheese mush Boiled potatoes Raw-carrot sticks Bread and butter Milk (children)	Fried eggs Mashed-potato cakes Bread Milk (children)
Saturday		
Whole-wheat cereal with milk Toast Tomato juice (young children) Coffee (adults)	Cottage cheese Chopped raw vegetables Bread Milk (children)	Oatmeal and potato soup Stewed prunes Bread and butter
Sunday		
Fried mush, sirup Bread Tomato juice (young children) Cocoa for all	Hot milk toast, or bread and milk Applesauce	Salmon and potato cakes Raw cabbage Whole-wheat bread Cookies Coffee (adults)

TABLES FOR MAKING WEEKLY MARKET LISTS

Tables 8 to 11 give approximate figures for the quantities of food needed for 1 week by individuals, according to the four suggested diet plans. From them a homemaker may readily make up a weekly market list for a family of any size and any combination of children and adults doing different kinds of work.

TABLE 8.—*A liberal diet: Approximate weekly quantities of food for persons of different age, sex, and activity*

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years
Milk:				
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	7 qt.-----	7 qt.-----	7 qt.-----	7 qt.
Vegetables and fruits:				
Potatoes and sweetpotatoes-----	1 lb. 12 oz.-----	1 lb. 12 oz.-----	2 lb.-----	2 lb.
Tomatoes (fresh or canned), and citrus fruit-----	1 lb. 8 oz.-----	1 lb. 8 oz.-----	1 lb. 10 oz.-----	2 lb.
Leafy, green, and yellow vegetables-----	1 lb. 4 oz.-----	1 lb. 8 oz.-----	2 lb.-----	2 lb.
Dried beans and peas, peanut butter, and nuts-----	-----	-----	1 oz.-----	1 oz.
Dried fruits-----	1 oz.-----	1 oz.-----	3 oz.-----	3 oz.
Other vegetables and fruits-----	3 lb.-----	4 lb.-----	6 lb.-----	6 lb.
Eggs -----	6 eggs-----	7 eggs-----	7 eggs-----	7 eggs.
Lean meat, poultry, and fish -----	4 oz.-----	12 oz.-----	1 lb. 12 oz.-----	2 lb. 8 oz.
Flour and cereals:				
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	12 oz.-----	1 lb. 4 oz.-----	1 lb. 8 oz.-----	1 lb. 8 oz.
Fats:				
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	3 oz.-----	4 oz.-----	8 oz.-----	12 oz.
Sugars:				
Sugar, jellies, jams, honey, sirups, and molasses-----	2 oz.-----	4 oz.-----	9 oz.-----	12 oz.

TABLE 8.—*A liberal diet: Approximate weekly quantities of food for persons of different age, sex, and activity—Continued*

Item	Boy 11 to 12 years; girl over 13 years; moderately active woman	Active boy 13 to 15 years; very active woman	Active boy over 15 years	Moderately active man	Very active man
Milk:					
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	7 qt. ¹ -----	7 qt. ¹ -----	4½ to 7 qt----	3½ qt-----	3½ qt.
Vegetables and fruits:					
Potatoes and sweetpotatoes-----	2 lb. 4 oz-----	2 lb. 8 oz-----	5 lb. 12 oz----	3 lb-----	6 lb. 8 oz.
Tomatoes (fresh or canned), and citrus fruit-----	2 lb. 4 oz-----	2 lb. 8 oz-----	2 lb. 8 oz-----	2 lb. 8 oz-----	2 lb. 8 oz.
Leafy, green, and yellow vegetables-----	2 lb. 4 oz-----	3 lb-----	3 lb. 12 oz----	3 lb. 12 oz----	3 lb. 12 oz.
Dried beans and peas, peanut butter, and nuts-----	1 oz-----	3 oz-----	3 oz-----	3 oz-----	3 oz.
Dried fruits-----	4 oz-----	6 oz-----	8 oz-----	8 oz-----	9 oz.
Other vegetables and fruits-----	6 lb-----	7 lb-----	8 lb-----	8 lb-----	8 lb.
Eggs -----	7 eggs-----	7 eggs-----	7 eggs-----	7 eggs-----	7 eggs.
Lean meat, poultry, and fish -----	3 lb-----	3 lb. 12 oz----	4 lb. 12 oz----	4 lb-----	4 lb. 12 oz.
Flour and cereals:					
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	1 lb. 8 oz-----	2 lb-----	2 lb. 4 oz-----	2 lb. 4 oz-----	4 lb.
Fats:					
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	12 oz-----	1 lb-----	1 lb. 8 oz-----	1 lb. 4 oz-----	2 lb.
Sugars:					
Sugar, jellies, jams, honey, sirups, and molasses--	12 oz-----	1 lb. 4 oz-----	2 lb. 4 oz-----	1 lb. 4 oz-----	2 lb. 4 oz.

¹ For the adult woman this may be reduced to 3½ quarts, except for the pregnant or nursing mother, who should have 7 quarts.

TABLE 9.—*An adequate diet at moderate cost: Approximate weekly quantities of food for persons of different age, sex, and activity*

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years
Milk:				
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	7 qt.-----	7 qt.-----	7 qt.-----	7 qt.
Vegetables and fruits:				
Potatoes and sweetpotatoes-----	1 lb. 12 oz.-----	2 lb.-----	2 lb.-----	2 lb. 4 oz.
Tomatoes (fresh or canned), and citrus fruit-----	1 lb. 8 oz.-----	1 lb. 8 oz.-----	1 lb. 8 oz.-----	1 lb. 12 oz.
Leafy, green, and yellow vegetables-----	1 lb. 4 oz.-----	1 lb. 8 oz.-----	1 lb. 12 oz.-----	2 lb.
Dried beans and peas, peanut butter, and nuts-----	-----	2 oz.-----	3 oz.-----	3 oz.
Dried fruits-----	1 oz.-----	3 oz.-----	5 oz.-----	6 oz.
Other vegetables and fruits-----	1 lb. 12 oz.-----	2 lb.-----	2 lb. 8 oz.-----	3 lb.
Eggs -----	5 eggs-----	5 eggs-----	5 eggs-----	5 eggs.
Lean meat, poultry, and fish -----	-----	8 oz.-----	1 lb. 4 oz.-----	1 lb. 8 oz.
Flour and cereals:				
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	1 lb. 2 oz.-----	1 lb. 8 oz.-----	2 lb. 4 oz.-----	2 lb. 8 oz.
Fats:				
Butter, margarine, lard, oil, vegetable shortening, salt pork, and bacon.	3 oz.-----	4 oz.-----	8 oz.-----	11 oz.
Sugars:				
Sugar, jellies, jams, honey, sirups, and molasses-----	2 oz.-----	4 oz.-----	8 oz.-----	12 oz.

TABLE 9.—*An adequate diet at moderate cost: Approximate weekly quantities of food for persons of different age, sex, and activity—Contd.*

Item	Boy 11 to 12 years; girl over 13 years; moderately active woman	Active boy 13 to 15 years; very active woman	Active boy over 15 years	Moderately active man	Very active man
Milk:					
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	7 qt. ¹ -----	7 qt. ¹ -----	4½ to 7 qt.---	3½ qt.-----	3½ qt.
Vegetables and fruits:					
Potatoes and sweetpotatoes-----	2 lb. 8 oz-----	3 lb-----	5 lb. 12 oz---	3 lb-----	6 lb. 12 oz.
Tomatoes (fresh or canned), and citrus fruit-----	1 lb. 12 oz-----	2 lb-----	2 lb-----	2 lb-----	2 lb.
Leafy, green, and yellow vegetables-----	2 lb. 4 oz-----	2 lb. 4 oz-----	2 lb-----	2 lb-----	2 lb.
Dried beans and peas, peanut butter, and nuts-----	3 oz-----	8 oz-----	8 oz-----	8 oz-----	12 oz.
Dried fruits-----	8 oz-----	8 oz-----	12 oz-----	12 oz-----	12 oz.
Other vegetables and fruits-----	3 lb. 8 oz-----	5 lb. 8 oz-----	6 lb-----	5 lb. 8 oz-----	5 lb. 8 oz.
Eggs -----	4 eggs-----	4 eggs-----	3 eggs-----	3 eggs-----	3 eggs.
Lean meat, poultry, and fish -----	1 lb. 12 oz-----	2 lb-----	2 lb. 12 oz-----	2 lb. 8 oz-----	3 lb.
Flour and cereals:					
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	2 lb. 8 oz-----	3 lb. 4 oz-----	4 lb. 4 oz-----	4 lb-----	5 lb. 8 oz.
Fats:					
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	12 oz-----	14 oz-----	1 lb. 6 oz-----	1 lb. 2 oz-----	1 lb. 8 oz.
Sugars:					
Sugar, jellies, jams, honey, sirups, and molasses--	14 oz-----	1 lb-----	2 lb-----	1 lb-----	2 lb. 4 oz.

¹ For the adult woman this may be reduced to 3¼ quarts, except for the pregnant or nursing mother, who should have 7 quarts.

TABLE 10.—*An adequate diet at minimum cost: Approximate weekly quantities of food for persons of different age, sex, and activity*

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years
Milk:				
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	7 qt.-----	7 qt.-----	5 to 7 qt.-----	5 to 7 qt.
Vegetables and fruits:				
Potatoes and sweetpotatoes-----	2 lb.-----	2 lb.-----	2 lb 8 oz-----	2 lb. 12 oz.
Tomatoes and citrus fruit (canned tomatoes only, except when fresh tomatoes or oranges are at the height of their season and very cheap).	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.
Leafy, green, and yellow vegetables-----	1 lb. 4 oz-----	1 lb. 4 oz-----	1 lb. 12 oz-----	2 lb.
Dried beans and peas, peanut butter, and nuts-----	3 oz-----	3 oz-----	6 oz-----	6 oz.
Dried fruits-----	1 oz-----	2 oz-----	4 oz-----	5 oz.
Other vegetables and fruits-----	8 oz-----	12 oz-----	1 lb. 3 oz-----	1 lb. 12 oz.
Eggs -----	5 eggs-----	5 eggs-----	5 eggs-----	4 eggs.
Lean meat, poultry, and fish -----		4 oz-----	12 oz-----	1 lb.
Flour and cereals:				
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	1 lb. 4 oz-----	1 lb. 12 oz-----	3 lb-----	3 lb. 8 oz.
Fats:				
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	3 oz-----	5 oz-----	10 oz-----	12 oz.
Sugars:				
Sugar, jellies, jams, honey, sirups, and molasses-----	2 oz-----	3 oz-----	10 oz-----	12 oz.

TABLE 10.—*An adequate diet at minimum cost: Approximate weekly quantities of food for persons of different age, sex, and activity—Contd.*

Item	Boy 11 to 12 years; girl over 13 years; moderately active woman	Active boy 13 to 15 years; very active woman	Active boy over 15 years	Moderately active man	Very active man
Milk:					
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	5 to 7 qt. ¹ -----	5 to 7 qt. ¹ ----	5 to 7 qt.-----	3½ qt.-----	3½ qt.
Vegetables and fruits:					
Potatoes and sweetpotatoes-----	2 lb. 12 oz.-----	3 lb.-----	4 lb. 4 oz.-----	3 lb.-----	5 lb. 12 oz.
Tomatoes and citrus fruit (canned tomatoes only, except when fresh tomatoes or oranges are at the height of their season and very cheap).	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.
Leafy, green, and yellow vegetables-----	2 lb.-----	1 lb. 8 oz.-----	1 lb.-----	1 lb. 8 oz.-----	1 lb.
Dried beans and peas, peanut butter, and nuts-----	7 oz.-----	8 oz.-----	8 oz.-----	12 oz.-----	1 lb.
Dried fruits-----	6 oz.-----	8 oz.-----	6 oz.-----	8 oz.-----	6 oz.
Other vegetables and fruits-----	1 lb. 12 oz.-----	2 lb.-----	2 lb.-----	2 lb.-----	2 lb.
Eggs -----	4 eggs-----	4 eggs-----	3 eggs-----	3 eggs-----	3 eggs.
Lean meat, poultry, and fish -----	1 lb. 4 oz.-----	1 lb. 4 oz.-----	1 lb. 8 oz.-----	1 lb. 8 oz.-----	2 lb.
Flour and cereals:					
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	3 lb. 12 oz.-----	4 lb. 8 oz.-----	6 lb. 8 oz.-----	4 lb. 8 oz.-----	8 lb. 8 oz.
Fats:					
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	12 oz.-----	1 lb. 3 oz.-----	1 lb. 4 oz.-----	1 lb. 3 oz.-----	1 lb. 8 oz.
Sugars:					
Sugar, jellies, jams, honey, sirups, and molasses---	12 oz.-----	1 lb.-----	1 lb.-----	1 lb. 2 oz.-----	1 lb. 4 oz.

¹ For the adult woman this may be reduced to 3½ quarts, except for the pregnant or nursing mother, who should have 7 quarts.

TABLE 11.—*A restricted diet for emergency use: Approximate weekly quantities of food for persons of different age, sex, and activity*

Item	Child under 4 years	Boy 4 to 6 years; girl 4 to 7 years	Boy 7 to 8 years; girl 8 to 10 years	Boy 9 to 10 years; girl 11 to 13 years
Milk:				
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	3½ qt.-----	3½ qt.-----	3½ qt.-----	3½ qt.
Vegetables and fruits:				
Potatoes and sweetpotatoes-----	2 lb.-----	2 lb. 4 oz.-----	2 lb. 8 oz.-----	2 lb. 12 oz.
Tomatoes and citrus fruit (canned tomatoes only, except when fresh tomatoes or oranges are at the height of their season and very cheap).	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.
Leafy, green, and yellow vegetables-----	12 oz.-----	12 oz.-----	1 lb.-----	1 lb.
Dried beans and peas, peanut butter, and nuts-----		3 oz.-----	6 oz.-----	8 oz.
Dried fruits-----	1 oz.-----	1 oz.-----	2 oz.-----	3 oz.
Other vegetables and fruits-----	4 oz.-----	6 oz.-----	10 oz.-----	12 oz.
Eggs -----	3 eggs-----	3 eggs-----	2 eggs-----	2 eggs.
Lean meat, poultry, and fish -----		2 oz.-----	5 oz.-----	8 oz.
Flour and cereals:				
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	2 lb.-----	2 lb. 12 oz.-----	3 lb. 8 oz.-----	4 lb.
Fats:				
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	3 oz.-----	6 oz.-----	10 oz.-----	12 oz.
Sugars:				
Sugar, jellies, jams, honey, sirups and molasses-----	3 oz.-----	6 oz.-----	10 oz.-----	12 oz.

TABLE 11.—*A restricted diet for emergency use: Approximate weekly quantities of food for persons of different age, sex, and activity—Contd.*

Item	Boy 11 to 12 years; girl over 13 years; moderately active woman	Active boy 13 to 15 years; very active woman	Active boy over 15 years	Moderately active man	Very active man
Milk:					
Fluid milk or corresponding quantities of canned or dried milk, or cheese (see p. 17).	3½ qt. ¹ -----	3½ qt. ¹ -----	3½ qt.-----	1¾ qt.-----	1¾ qt.
Vegetables and fruits:					
Potatoes and sweetpotatoes-----	2 lb. 12 oz.-----	3 lb.-----	4 lb. 4 oz.-----	3 lb.-----	5 lb. 12 oz.
Tomatoes and citrus fruit (canned tomatoes only, except when fresh tomatoes or oranges are at the height of their season and very cheap).	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.
Leafy, green, and yellow vegetables-----	1 lb.-----	12 oz.-----	8 oz.-----	12 oz.-----	8 oz.
Dried beans and peas, peanut butter, and nuts-----	8 oz.-----	8 oz.-----	8 oz.-----	12 oz.-----	1 lb.
Dried fruits-----	3 oz.-----	4 oz.-----	3 oz.-----	4 oz.-----	3 oz.
Other vegetables and fruits-----	14 oz.-----	1 lb.-----	1 lb.-----	1 lb.-----	1 lb.
Eggs -----	2 eggs-----	2 eggs-----	2 eggs-----	1 egg-----	1 egg.
Lean meat, poultry, and fish -----	8 oz.-----	12 oz.-----	12 oz.-----	14 oz.-----	1 lb.
Flour and cereals:					
Flour, corn meal, rice, macaroni, spaghetti, and assorted breakfast cereals, as well as corresponding quantities of white and whole-grain breads, other bakery goods, and crackers (see p. 21).	4 lb. 8 oz.-----	5 lb. 4 oz.-----	7 lb.-----	5 lb. 4 oz.-----	8 lb. 12 oz.
Fats:					
Butter, margarines, lard, oil, vegetable shortening, salt pork, and bacon.	12 oz.-----	1 lb.-----	1 lb. 4 oz.-----	1 lb.-----	1 lb. 8 oz.
Sugars:					
Sugar, jellies, jams, honey, sirups and molasses-----	1 lb.-----	1 lb. 4 oz.-----	1 lb. 6 oz.-----	1 lb. 6 oz.-----	1 lb. 8 oz.

¹ For the adult woman this may be reduced to 1¾ quarts, except for the pregnant or nursing mother, who should have at least 5 quarts.

**ORGANIZATION OF THE UNITED STATES DEPARTMENT OF AGRICULTURE
WHEN THIS PUBLICATION WAS LAST PRINTED**

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